

HEALTH PROMOTION WORKSHOPS 2026-2027



MENTAL FITNESS

Stress Take Charge!	1 day	3 Dec	In-Person
Stress Take Charge!	3 half-days	8, 15, 22 Mar	In-Person
Stress Tips	2 hours	28 Sept	Virtual
Managing Angry Moments	3 half-days	16, 23 & 30 Oct 18, 19 & 20 May	In-Person
Managing Anger Tips	2 hours	11 Feb	Virtual
Mental Fitness Suicide Awareness (MITE)	1 day	10 Sept, 19 Jan	In-Person
Mental Fitness	2 hours	5 May	Virtual
Work-Life Balance	2 hours	8 Oct, 26 Jan	Offered
Effective Communication	2 half-days	21 & 28 Oct	In-Person
Effective Communication Tips	2 hours	22 Feb	Virtual
Mental Fitness Zone	Drop-in on Fridays, 1100-1130 hrs		In-Person

ADDICTION AWARENESS

Alcohol, Other Drugs, Gambling & Gaming for Supervisors (MITE)	2 days	3-4 Nov, 13-14 Apr	In-Person
Unit Addiction Rep Training	2 hours	23 Nov, 28 Apr	Virtual
Addiction Awareness	3 hours	1 Dec	Virtual
Keeping Your Parties Safe	1 hour	24 Sept, 16 Nov	Offered
Butt Out!	30-minute appointment available upon request		Offered

NUTRITION

Performance Nutrition	1 day	2 Feb	In-Person
Performance Nutrition Tips	2 hours	28 Aug	Virtual
Nutrition Fundamentals	2.5 hours	11 Sept	In-Person
Meal Planning	2 hours	25 Sept	Virtual
Stretch Your Food Dollar	2 hours	13 Nov	Virtual

INJURY PREVENTION & SLEEP HEALTH

Injury Prevention Strategies	Half-day	24 Feb	In-Person
Injury Prevention Strategies	2.5 hours	26 Aug	Virtual
Fundamentals of a Healthy Sleep	1 hour	9 Nov, 13 May	Virtual

INCLUSION & RESPECT

Preventing & Responding to Sexual Misconduct	1 day	Offered monthly	In-Person
Inclusion & Respect in Defence (*New)	1 day	Offered monthly	In-Person



For registration: cfmws.ca/gagetown/workshop-descriptions-and-registration

FOR REGISTRATION DETAILS OR TO BOOK A SESSION FOR YOUR UNIT:
healthpromotiongagetown@forces.gc.ca